
How to Stay on Track During School and Study Sessions

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With distractions lurking around every corner and a never-ending to-do list, navigating the world of school—be it high school, college, or uni—can sometimes feel totally overwhelming. But fear not! We've got your back with a handful of tips to help you slay your goals. So, take a minute to reset and recharge - cosy up in your study spot, grab your favourite beverage, snack, or chew some gum, and let's unlock the secrets to staying on track during school and study sessions. Let's dive in!

1. SET CLEAR GOALS

Start each study sesh with a clear goal in mind. Whether it's finishing a chapter of your textbook, completing a set of practice problems, or reviewing your notes, having a specific goal will help you keep on cookin'.

2. CREATE A SCHEDULE

Time management is key to staying on track. Create a study schedule that allocates time for each subject or task, making sure to include breaks for a mindful minute to recenter yourself before jumping back into action. Stick to your schedule as much as possible to stay disciplined and productive.

3. REWARD YOURSELF

Whether it's treating yourself with a delicious snack, watching an episode of your favourite show, taking a well-deserved break to unwind, or even dropping some gum in your mouth, rewards can help motivate you to stay on track and work hard. On that note, did you know that chewing gum can help increase concentration while lowering stress? Our survey among Gen Z Brits showed that, for some, gum made a real difference in their study sessions, helping them feel relaxed, calm, and confident. Give it a try and see if it makes the experience more enjoyable for you as well!

4. PLAY LO-FI BEATS IN THE BACKGROUND

If your thoughts are all over the place, give lo-fi music a shot. The repetitive beats can help you get in the zone. The rhythm can keep you in the moment, and the chill beats can make everything feel more relaxed and positive. It's like turning a hectic space into a chill zone, helping you stay focused and productive.

5. ELIMINATE DISTRACTIONS

No cap, we're all guilty of being on our phones and scrolling through TikTok when we should be getting stuff done. But there are some legit tricks to cut distractions, like putting your phone on silent, using website blockers to limit time-wasting sites, and finding a distraction-free study spot.

6. USE THE POMODORO TECHNIQUE

The Pomodoro Technique is a game-changer for productivity. Work in short bursts of focused activity (usually 25 minutes) followed by a short break. Repeat this cycle several times, then take a longer break to relax and uplift your mind. This method helps to lock in and prevent burnout.

7. STAY ORGANISED

Having your study materials organised and easily accessible is the first step to study-maxxing. Use folders, binders, or apps to keep track of your notes, textbooks, assignments, and progress. Being organised will save you time and reduce stress when studying.

8. TAKE CARE OF YOURSELF

Remember to prioritise self-care during busy study sessions. Get plenty of sleep, eat nutritious meals, and stay hydrated. Taking care of your physical and mental well-being will help you stay focused and alert while studying.

9. BREAK IT DOWN

If a task seems overwhelming, break it down into smaller, more manageable chunks. Focus on completing one small task at a time, celebrating your progress along the way. This approach will help you stay motivated and prevent procrastination to score some major Ws.

10. STAY ENGAGED

If your study sesh feels more like a "study sheesh", find ways to make it more engaging and interactive. Use flashcards, practice quizzes, or study groups to reinforce learning and keep things interesting. Teaching the material to your besties is also a great way to solidify your understanding.

11. BE KIND TO YOURSELF

Cut yourself some slack, champ. We're only human, and it's okay to have off days or make

mistakes. Remember to be kind to yourself and celebrate your progress, no matter how small. With perseverance and a positive attitude, you can conquer any study session that comes your way.

So, there you have it – eleven useful tips to help you stay on track during school and study sessions. With a little bit of planning, discipline, and self-care, you'll be able to take on any challenge, no matter how complicated or overwhelming it might seem at first. You've got this!

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